

# RELAXING YOUR PELVIC FLOOR

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## INSTRUCTIONS

Doing the following exercises will help relax the pelvic floor and limit the pain and irritation in these areas. If you are a guide user I would do these in substitute of the pelvic floor section if you know you have a HYPERtonic pelvic floor. Continue doing your prescribed weekly E and E exercises too and prepare to be one strong mama!

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### 1. CHILD'S POSE ON CHAIR

Perform 2 sets of 5 reps. Hold for 5 seconds.



### 2. HAPPY BABY

Perform 2 sets of 5 reps. Hold for 5 seconds.



### 3. SIDE LYING PELVIC LIFT

Perform 2 sets of 5 reps. Hold for 5 seconds.



#### 4. SQUAT AT COUNTER

Perform 2 sets of 5 reps. Hold for 5 seconds.



#### 5. DEEP SQUAT WITH BLOCK

Perform 2 sets of 5 reps. Hold for 5 seconds.



#### 6. DOWNWARD DOG

Perform 2 sets of 5 reps. Hold for 5 seconds.



#### 7. DIAPHRAGMATIC BREATHING

Perform 2 sets of 5 reps. Hold for 5 seconds.



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